

April 2011

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

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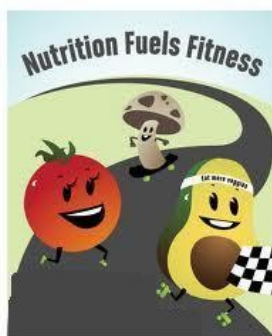
## What's the Buzz at Lima-Brighton Elementary School?



Lima-Brighton is sponsoring a Fitness and Nutrition Club (F.A.N. Club) for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade students. The club meets three Mondays a month from 3:00-4:00. In the club, students are learning about nutrition, goal setting for personal health, new fun exercises and positive fitness feedback.

At the meetings, students participate in a twenty minute activity that is nutrition-based. Examples of these mini-lessons have been learning about food values by reading packaging and labels, learning about calories and understanding the nutritional values of foods. F.A.N. club members are encouraged to try new and different foods. They have carried

this message back to their classrooms and are the role models who are "trying just one bite-you might like it" of the new fruits and vegetables offered through the Fresh Fruit and Vegetable Program here at Lima-Brighton. Following this portion of the meeting is a 40 minute workout period. Examples of the activities that have been presented are yoga, kickboxing, and circuit training.



The physical education teacher, art teacher and a fifth grade teacher work collaboratively to provide interesting and meaningful lessons and activities for the students. Occasionally, parents

stop by to join the group for the activities. The students work hard and seem to have endless energy.

The program has grown since its inception last school year. We are very fortunate to have this club to offer to our students.

Contact Angela Barnes at [abarnes@doe.in.gov](mailto:abarnes@doe.in.gov) for your school to be featured in the next FFVP Buzz.

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## Carrots—A Colorful Bunch of Nutrients

Carrots, they are familiar to us all. In season throughout the year, they are the vegetable kids know best and a favorite of the cartoon character, Bugs Bunny. But there is so much more to carrots than that. Today, doctors and scientists continue to discover more and more of health-giving properties that add value to carrots' good taste.

**Historical Fact:** Carrots are a native to Afghanistan, where they began cultivating them for food in the seventh century. But at that time, they were anything but orange. They were red, black, yellow, white or purple.

### Carrot Fun Fact:

\*The United States is the world's third largest producer of carrots. China is the largest grower, followed by Russia.



\*Carrots have a higher natural sugar content than any other vegetable, except beets.

\*Carrots are an excellent source of vitamin A, from beta carotene. This antioxidant is important for healthy eyesight, healthy skin, and to promote proper growth.

\*There is a museum in England devoted exclusively to all things carrot. It's called the World Carrot Museum, which you can access at [www.carrotmuseum.com](http://www.carrotmuseum.com).

## Public Health Law and Policy Webinar

The Public Health Law and Policy has created a variety of webinars which might be beneficial to your school.

### Junk Food Marketing to Kids: Can We Stop It? May 26, 2011

The food industry spends about \$2 billion each year marketing fast food, sugary cereal, and other "junk" foods to children. In this webinar, we'll look at new strategies that policymakers and advocates across the country have begun exploring to limit food marketing in schools, neighborhoods, and on TV and the internet. Register now at: <https://rwjf.webex.com/rwjf/onstage/g.php?t=a&d=572990216>

## May is National Salad Month

The month of May is National Salad Month. This would be a great way to introduce kids to the different varieties of lettuce available to them. According to current



research, schools who purchased greater than 20% of veggies showed an increase in student veggie consumption. Even though students might not care for the veggies as well as fruit, it is very important to continue to expose

those students to vegetables, and the National Salad Month would be a great way to introduce new fruits and vegetables in the FFVP and school lunch.

## Fun Food Quotes

"If people say if you eat dessert before dinner it will ruin your appetite — won't eating dinner before dessert ruin your appetite for dessert?"

~ Author Unknown

"I'm not gaining weight - I'm retaining food."

~ Author Unknown



"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

~ Garfield/Jim Davis

"My mother's menu consisted of two choices:  
Take it or leave it."

~ Buddy Hackett



"Food is an important part of a balanced diet."

~ Fran Lebowitz

"There are four basic food groups, milk chocolate, dark chocolate, white chocolate, and chocolate truffles."

~ Unknown



## Fun Easter Day Outdoor Activities

In addition to eating candy and other treats, playing games is another tradition on Easter. From egg hunts to relay games, there are many activities to be played outdoors for fun. These easy fitness activities for kids make exercise so much fun that children won't notice they're working out. When you motivate children to exercise, they'll be happier, healthier and more focused.

One of the easiest Easter games for kids is the bunny hop. There are many variations to this game that will keep children energized and entertained.

Create a simple obstacle course where children have to hop around certain objects to reach the finish line.

Another variation of the same game. Let the children pair up and link arms and they can hop one after the other through the obstacle. This game encourages teamwork and is a lot of fun at the same time.

## SAVE THE DATE! WEBINAR MEETING

May 19, 2011  
9:30 am - 10:30 am

Only for schools who have been on the FFVP for 2 years or more must participate in this conference call.

## Chef Solus and the Easter Egg Colors of the Food Pyramid

Follow these directions and find the five eggs that match the colors of the Food Pyramid!

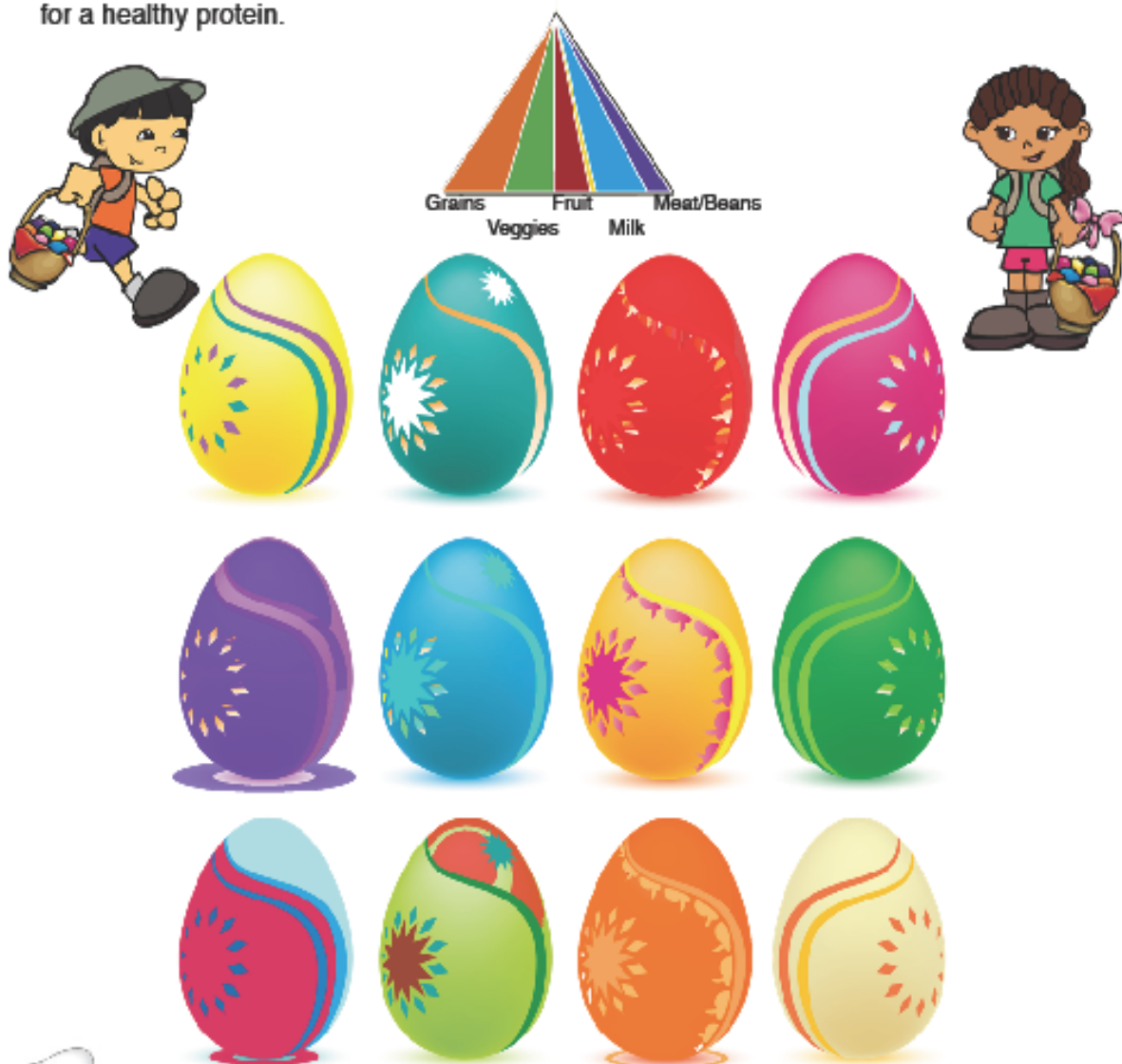
Draw a **circle** around the egg that matches the **grains group**. Look for the word "whole" grains for healthy fiber.

Draw a **star** on the egg that matches the **vegetables group**. Eats lots of veggies every day and your body will thank you!

Draw a **square** on the egg that matches the **fruit group**. Eat fruit for a tasty snack!

Draw a **triangle** on the egg that matches the **milk group**. The milk group keeps your teeth and bones strong.

Draw an **X** on the egg that matches the **meat & beans group**. Try some seeds and nuts for a healthy protein.



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for Free [online nutrition games](#), healthy interactive tools, [Printable Easter Nutrition Pages](#) for Kids recipes and tips!

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## Chef Solus Healthy Easter Foods - Fun Word Scramble Puzzle



Eggs are part of the Meat and Beans Food Group. Unscramble each of the clue words and see the other foods in this group. Take the letters that appear in ☐ boxes and unscramble them for the final message. Chef Solus has left you a special message.

GESG

☐ ☐ ☐ ☐ ☐

NLUF

☐ ☐ ☐ ☐

KEAST

☐ ☐ ☐ ☐ ☐ ☐

CICNKH

☐ ☐ ☐ ☐ ☐ ☐ ☐

TYERUK

☐ ☐ ☐ ☐ ☐ ☐ ☐

TIOTUINRN

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